

Chico Aquajets present

The Fall Frenzy Sprint Pentathlon

September 7th, 2024

Sanction

Held under USA Swimming/Sierra Nevada Swimming Sanction Number SNS25-4. According to USA Swimming Rule 202.4.10, "In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event." In applying for this sanction Chico Aquajets agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Sierra Nevada Swimming, the State of California, the County of Butte, and the City of Chico.

Notice

By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, of all information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to photographs, video, webcasting, television, psych sheets and live meet results. The results of this meet may be posted on Meet Mobile. The meet may be live-streamed and recorded for later viewing on one or more social media platforms.

Location

Pleasant Valley Swimming Pool: 2320 North Ave Chico, CA 95926

The pool is located at Bidwell Junior High School. Parking is available in front of the pool and most easily accessed via East Ave.

Facility

The PV Swimming pool facility is a surveyed outdoor, heated 25-yard pool with up to 6 lanes available for competition. Warm up/Cool down will be available during scheduled breaks throughout the competition. In accordance with USA-S Rule 202.4.11C, the competition course has a pool depth of 4' 10" at 3' 3 1/2" and 5' 1 1/2" at 16' 5" and at the turn end it is 3' 10" at 3' 3 1/2" and 4' 1" at 16' 5".

Rules

2024 USA Swimming and Sierra Nevada Swimming rules will apply. A USA Swimming Registered Coach must supervise all warm-ups. If you do not have a USAS Registered Coach at the meet, report to the Deck Referee who may assist with lane and coach assignment. It is the swimmer's responsibility to make such arrangements prior to the start of the meet. Swimmers that are observed being warmed-up or being started by anyone other than a registered Coach, will be removed from all events for the day.

All Coaches will be required to present their 2024 USAS Coach Membership card to the Meet Referee at the beginning of the meet.

According to 202.4.11D, "Any swimmer entered in the meet must be certified by a USA Swimming Member-Coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a Member-Coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Eligibility

This meet is open to age group swimmers (18 years and younger) from any LSC as well as properly registered swimmers aged 19 and over. Swimmers aged 19 and over will not be scored or awarded and are swimming for

time only. All swimmers must have a current USA Swimming Membership. The SNS Registrar will verify all swimmer's memberships prior to the meet, and if valid, will be allowed to compete. Sierra Nevada Swimming does not allow swimmers to register for a USA Swimming Membership at the meet. The Club will be fined \$100 for every entered swimmer that shows unregistered on a Registration Recon five (5) days prior to the meet. Flex members needing to upgrade to Premium will be exempt from the fine, however will need to be upgraded prior to the start of the meet to be eligible to swim.

According to 302.3 - If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine of up to \$100.00 per event against the individual, Member Coach or Member Club submitting the entry.

Restrictions

Smoking, vaping and/or use of other tobacco products are prohibited in all areas of the swim venue. Glass containers, alcoholic beverages, pets, and personal heaters are prohibited in the pool area.

12 & UNDER SWIMWEAR RESTRICTION: Per 102.8.1.F SWIMWEAR (USA Swimming Rulebook) "No Technical Suits Shall be worn by any 12 & under USA Swimming athlete member in competition at any sanctioned, approved or observed meet."

- (1) Exceptions for the foregoing restrictions are only for Junior Nationals, U.S. Open, National Championships, and Olympic Trials.
- (2) A Technical Suit is one that has the following components:
 - Any suit with any bonded or taped seams regardless of its fabric or silhouette: or
 - Any suit with woven fabric extending past the hips.

(Note: WOVEN FABRIC – a suit with woven fabric and sewn seams that does not extend below the hips is permitted.)

(Note: KNIT FABRIC – a suit with knit fabric and sewn seams not extending below the knee is permitted.)

Safe Sport

According to USA Swimming Rule 202.4.11H: "Use of audio or visual recording devices, including a cell phone, is not permitted in the changing areas, rest rooms, or locker rooms." Sierra Nevada Swimming would like to further state that the use of audio or visual recording devices, including a cell phone, is not permitted behind the starting end of the pool at any time.

Pursuant to USA-S Rule 202.4.11I deck changes are prohibited.

According to 202.4.11J the operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, Coaches, Officials and/or spectators are present. Exceptions may be granted with prior written approval by the Program & Events Committee Coordinator (or his/her designee).

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

ATTENTION SWIMMERS: All adult athletes (age 18+) are required to complete and keep his or her Athlete Protection Training current and up to date before they are allowed to enter the meet. Lifeguards will be present during the warm up, competition and cool down periods. An AED will be present at the facility.

There will be at least two Marshals (one male and one female) present during each session of competition.

Warm-Up

The following rules apply to the warm-up period before each session and during the warm-up breaks during meet:

- Swimmers shall enter the water feet first while maintaining at least one hand on the pool deck until both feet touch the water (3-point entry), except for starts, which are limited to specified lanes under the direct supervision of a coach.
- Up to 2 lanes can be used for pace 50's (Usually lanes 1 & 6) and up to 2 lanes for one-way sprints (Usually lanes 2 & 5).

- Specified center lanes are for circle swimming (2 lengths of the pool beginning at the starting end of the pool).
- Coaches shall stand at the starting end of the pool and verbally start swimmers for sprint or pace work.
- Swimmers are not allowed on the starting blocks when a backstroke swimmer is executing a start in the same sprint lane.
- The use of hand-paddles, kick-boards, fins and other devices are not allowed during general warm up. The use of hand-paddles at any time during which touch pads are installed is forbidden.

The Meet Referee, Meet Director or a designee may remove a swimmer, Coach, and/or Team from the deck for violations of these rules.

Teams will have separate warm up times that will be determined by agreement of coaches prior to the start of the meet.

Warm-ups and Session Times

Saturday, September 7th - Warm-ups: 11:30 AM - Session begins: 12:30 PM.

All events will be seeded and swum fastest to slowest.

Entry Limits

Swimmers may compete in a maximum of five (5) individual events for the meet. It is up to the Meet Director and Meet Referee to ensure that no 12 & under events exceed the 4-hour limit under USA Swimming Rule 205.3.1.F.

Entries

All entry times should be the swimmer's actual best times and be able to be verified if necessary. "No Time" or "NT" entries WILL NOT BE ACCEPTED for swimmers in any event they have not swum before. In accordance with USA-S Rule 102.2.9, if a swimmer has no official time in the entered event an estimated appropriate seed time will be accepted. Please consult with the athletes Coach if an estimated time is needed. No deck entries will be allowed.

Entries will be accepted through 11:59 PM PST on Wednesday, September 4, 2024 or until the entry cap is reached. All swimmers must enter via Swim Connection (<https://ome.swimconnection.com>) and you will receive immediate confirmation of your entry. The cost of using Online Meet Entries is \$1.00 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees.

Entry Fees

\$15 splash fee and \$5 per event for one or more events up to the maximum allowed of five for the meet. There are no refunds for entering too many events, scratching events, or not participating in the meet once registered.

Check-In

THIS MEET IS PRE-SEEDED. All swimmers are automatically checked in to the events which they are registered for.

Awards

Medals will be awarded to the top three (3) finishers and ribbons will be awarded to fourth (4th) through tenth (10th) in each individual event in each age group. There will be separate awards for top three finishers in each age group of the Pentathlon competition. **Awards must be picked up at the meet and will not be mailed.**

Special Rules

All events will be awarded individually for girls and boys, though may be mixed gender at the Meet Director's discretion. Results will be separated per gender and age group.

Pentathlon Competition

A cumulative time award will be given to the top three finishers in each age category based on the total time in all five events. A swimmer **must** have successfully completed five events and achieved five times for consideration in the cumulative time competition. The age categories will be: 6 and under, 7-8, 9-10, 11-12, 13-14, 15-18 yrs. In combined races the results will be scored separately.

Hospitality

A limited concession stand with an abbreviated selection of pre-packaged items, bottled water, and soft drinks may be available. All working Officials, Timers, Marshals, Administrative staff, and other volunteers may have snacks and refreshments available. Water will be available at various stations throughout the facility.

Coaches

All Coaches must have evidence of their current 2024 USA Swimming Certification and will be required to check in with the Clerk of Course or Check-in table at the meet to show proof. Upon such proof, Coaches will receive any necessary paperwork and an identifying mark (wrist band, etc.) of clearance that must be displayed while on deck. Coaches unable to present evidence of certification will not be allowed to coach on the Pool Deck and the Coach and Club will each be fined \$100.

A Coaches meeting will be held on deck after the conclusion of warm ups.

Officials

All certified Officials with current USA Swimming registration from any LSC are welcome to work this meet. Current 2024 USA Swimming Official Member Cards will be checked and verified to be in Good Standing before being allowed to work the deck. Please have a printed copy of your current Official Member Card or have it available on your phone to present to the Meet Referee. An Officials Meeting will be held 30 minutes prior to the start of the meet to review protocols and confirm assigned positions for the session. Working Officials are expected to be in position 5 minutes before the session starts.

Officials dress will be white polo shirts and navy-blue pants/shorts/skirts, white socks, and white tennis shoes. In the event of rain or similar inclement weather, please dress to stay warm and dry.

Meet Referee: Thad Winzenz (thad@birdinhand.com)

Head Starter: James Plummer (president@chicoaquajets.org)

Admin Official: Ali Guzeldere (aliguzeldere@hotmail.com)

Meet Director: Andrew Hasek (coachandrew@chicoaquajets.org)

OFFICIALS' REQUIREMENT

Each Team is required to provide sufficient certified Officials based on the number of athlete entries, in accordance with the following table:

Number of swimmers entered	Number of carded Officials
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
>100	5

One half-hour before the scheduled start of each session, the Meet Referee shall conduct an inventory of Officials, and shall compare the number of entries against the number of Officials present representing each Team. Those Teams who have not provided sufficient Officials shall have all their swimmers treated as "time-only swimmers" in all aspects of that session, and their swimmers will not receive awards.

Timers

Timing is based on the Sierra Nevada Timing Policy of two timers per lane, using Superior Swim Timing buttons and at least one of the Timers will be using a stopwatch as the back-up timing system. Number of timing chairs per Team is based on the formula – (number of swimmers on a Team in the session/total number of swimmers in the session) x 12 chairs. This number will be rounded to the nearest whole number. Host Team will supply Timers in the same ratio, as visiting Teams and is responsible for filling unassigned chairs. Timing responsibilities will be sent out to the Coaches of each Team participating in the meet.

Consolidated Event List

9-12 50 yd fly

13+ 50 yd fly

8u 25 yd fly
 Break
 9-12 50 yd Backstroke
 13+ 50 yd Backstroke
 8u 25 yd Backstroke
 Break
 9-12 50 yd Breaststroke
 13+ 50 yd Breaststroke
 8u 25 yd Breaststroke
 Break
 9-12 50 yd Freestyle
 13+ 50 yd Freestyle
 8u 25 yd Freestyle
 Break
 9-12 100yd IM
 13+ 200yd IM
 8u 100yd IM

Order of Events

Girls	Boys	Age	Event
1	2	9-12	50 yd Fly
3	4	13+	50 yd Fly
5	6	8u	25 yd Fly
5 minute break			
7	8	9-12	50 Back
9	10	13+	50 Back
11	12	8u	25 Back
5 minute break			
13	14	9-12	50 Breast
15	16	13+	50 Breast
17	18	8u	25 Breast
5 minute break			
19	20	9-12	50 free
21	22	13+	50 free
23	24	8u	25 free
5 minute break			
25	26	9-12	100 IM
27	28	13+	200 IM
29	30	8u	100 IM